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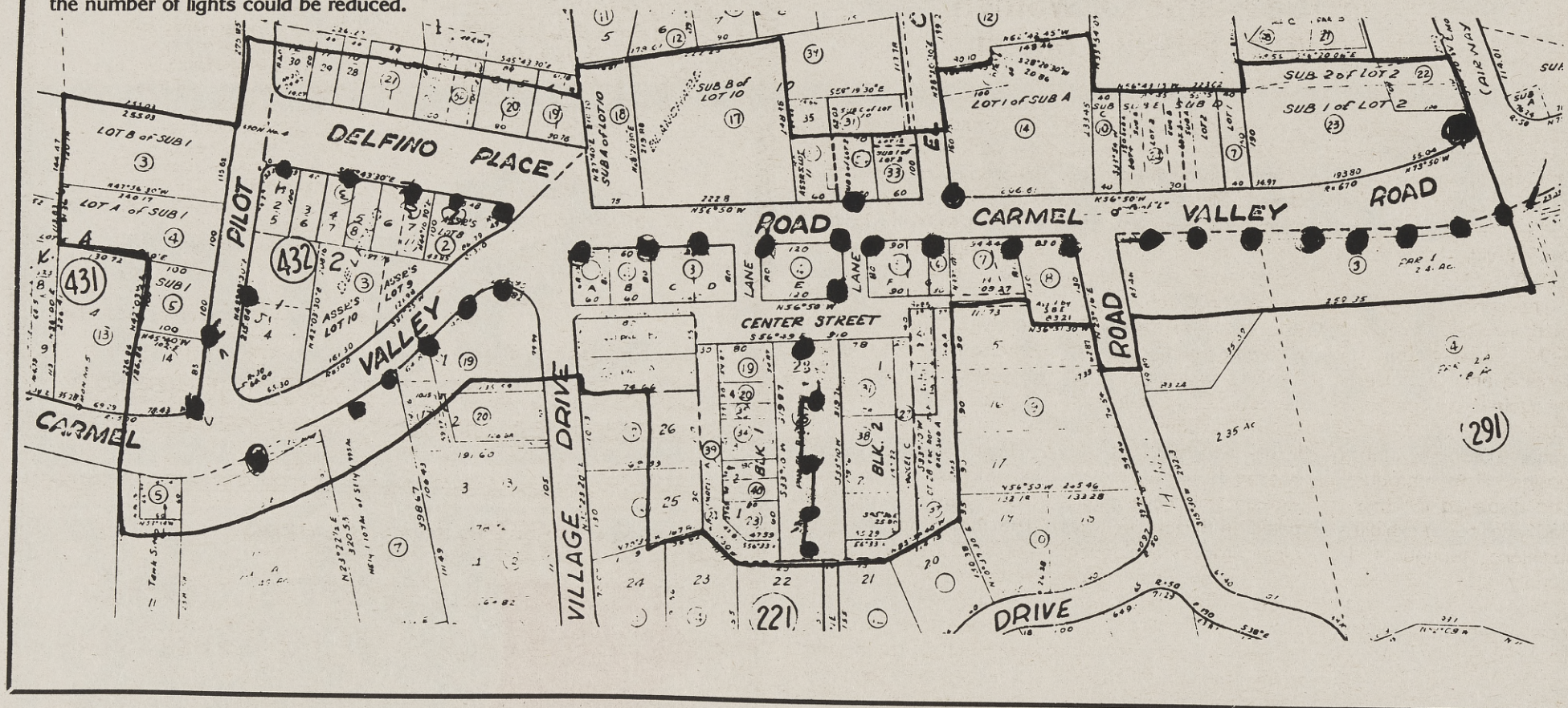
Sun

January 1983

*Happy
Valentine's
Day*



The map shows the proposed boundaries for SCA-70. The spots show where the approximately 40 street lights will be located. CVVIC member Peter Coakley said the number of lights could be reduced.



Street Light Issue Postponed

Public hearings on the County Service Area proposed for street lights in Carmel Valley village were delayed by the Local Agency Formation Commission (LAFCO) at their January 25 meeting.

Street lights are the primary reason for LAFCO's consideration in forming County Service Area-70 to which will include the same boundaries as the present Carmel Valley Fire Prevention District.

The Board of Supervisors applied for the CSA formation in late October 1982 after a village businessmen's group requested funds to upgrade existing services.

The Carmel Valley Village Improvement Committee, the initiating group, requested funds to furnish poles, lighting fixtures and cover annual power bills for 40 low intensity street lights which will be mostly on the southeast side of Carmel Valley Road between Pilot and Via Contenta. The lights are expected to improve pedestrian and animal safety, security and improve looks in the Village area.

Controversy has been sparked over the glare from the added lights and

change in character of the village; But the businessmen feel the lights are necessary for those who visit the village at night. "The lights will enhance the charm of the Village," said CVVIC member Peter Coakley. "Who wants to walk down there at night. Now it's dark and isn't very pretty."

The CVIC said the character of the village was one of their prime considerations for selecting the light standards. The proposed lights are 15' round poles with a single wooden arm that holds an old fashioned fixture. According to LAFCO analyst, Jo Hart, the new lights will generally give off less light than the mixed styles of lighting that already exist. In mid-February CVVIC will install a sample of the light at the Schwartz Memorial Park adjacent to the Bank of America.

"It'll be on the existing pole but it'll give everybody a chance to see what the lights look like," said Mr. Coakley.

CVVIC hopes to get necessary above ground stub outs by coordinating the light installations with undergrounding of utility cables already authorized to begin this fall. The

timing adds a bit of urgency to the issue but CVVIC members were undaunted by the commission tabling CSA-70 hearings indefinitely. The delay has nothing to do with opposition. According to LAFCO Executive Director Michael Johnson the continuance is to allow time to complete the Sphere of Influence Program for the area and let the staff do more studies.

In the determination of SCA-70's financial feasibility, LAFCO used a \$5.80 per year per parcel user assessment fee based on the 1720 parcels in the fire district. Whether or not the entire fire district is in the CSA has not yet been determined because according to County Council the Government code requires "assessments to be based on estimated benefits for the service;" CVVIC members said they would expect to pay a higher portion of the costs because the CSA would benefit them the most.

Some community members opposing the formation of CSA-70 have already voiced their protests. In a letter, Attorney Richard Rosenthal questioned a Negative Declaration for the project and requested the current application be denied until the Carmel Valley Master plan is adopted. His basic

contention is "the formation of a county service area may be growth inducing."

Robles Del Rio resident Richard Rosen said his view is already ruined by existing lights and he didn't want to see more installed. He was offended by the assessment fee and asked why he should "pay the insurance for village businesses." Mr. Rosen will be circulating a petition against the street lights.

At the January CVPOA meeting directors Al Eisner and Corky Mathews said they've heard almost unanimous opposition to the street light plan. President Dick Dalsemer said he's gotten comments both ways. He said he's heard from several women who are uncomfortable when they travel village streets at night.

Those interested in the street lighting issue will be offered a town meeting sponsored by the Carmel Valley Property Owner's Association and slated for early March. CVVIC and the Community Center Board will co-sponsor the event which will feature representatives relative to the project.

County Service Areas are a mechanism created by legislature with a potential to provide ex-



According to CVVIC members the lights fit the subdued rural atmosphere of the village and will help add charm and safety to village streets.

tended services to unincorporated areas of the County. There is a long list of services ranging from street lighting to police protection.

Should a CSA be formed for the Village the Board of Supervisors would be the governing body, probably with the help of a Citizens Advisory Committee.

Monterey County Commission On The Status Of Women Sponsor Poster Contest

The Monterey County Commission on the Status of Women is sponsoring a Poster Contest to mark 1983 Women's History Week which begins March 6, 1983.

The contest is open to everyone and carries a \$200 cash prize. The winning artist will also be recognized at a banquet in Celebration of Women's History Week. The winning poster will be reproduced and displayed in libraries and other public exhibit locations throughout the county.

Women's History week, now observed throughout the nation, originated in 1978 in Santa Rosa, California. Resolution of the U.S. Congress and

Senate and proclamations of governors and legislatures throughout the United States mark the event each year.

The week sets aside a special time for schools and communities to recognize and celebrate the lives of women of all races, ages, cultures, ethnic traditions, religious faiths, and ways of life. Among those honored are women who have participated in history in ways either ordinary or eloquent and, by so doing, have moved the world and history.

Women's History Week coincides with Women's Day, March 8th, which was proclaimed at the turn of

the century to recognize the work of women in the labor movements. It has since become International Women's Day.

Participants must submit their entries no later than February 15, 1983 to Sheri Perlman, Chair of Task Force on Women's History, 6 West Gabilan Street #5, Salinas, California 93901.

Poster size must be 24 x 36 inches on one-color stock with one-color ink. The theme line must be regarding Women's History in the form of a quotation or an original phrase. Entrants are reminded to include their name, address, and telephone number on a separate sheet of paper.

Chamber Announces New Board

A new board of directors will be guiding the Chamber of Commerce serving Greater Carmel and Carmel Valley. President Dick Krueger recently announced results of the election held the end of October.

Continuing as executive officers are; Dick Krueger, president; Lois Lamar, first vice president; Chuck McKay, second vice president; Jeanelle

Kaminski, secretary; and Jo LoManto, treasurer.

Directors elected for two year terms are Steve Austin, Debbie Bradburn, John Clanin, Peter Coakley, Louis Gardner, Sal Nicita, Bill Riddick, Debra Saxton, Roger Strange, and Roger Williams.

Hold over directors with one year of their term remaining are Web Buckingham, Pat Grimes, Tom

Lawler, Randy Randazzo, Tom Steiny, John Tobias, and John Von Berg. Tobias is also the newly hired Executive Director.

The Chamber meetings are open to the public. They are the last Wednesday of the month. Meeting place varies. For more information call 625-1200 or 659-4000. All businesses are eligible to join.

Brown Bag Program Available For Senior Citizens

Senior citizens are being offered a brown bag vegetable program. The program sponsored by Experience Inc. provides vegetables and sometimes bread, cheese and butter to low income individuals over 60.

Items for the brown bags are from Salinas farms.

Volunteers are allowed to pick vegetables left after fields are harvested. There is also Government surplus available at times.

The food is prepackaged and delivered to distribution sites. Participants must be preregistered. The fee is \$12 per year for volunteers and \$24 per year

for non-volunteers.

Applications are available at the Carmel Valley Community Youth Center every Friday from 10 a.m. to 12 noon. Proof of age will be required.

For more information contact Irene Davey at 624-8984.

The best thing about the future is that it comes only one day at a time. - Abraham Lincoln



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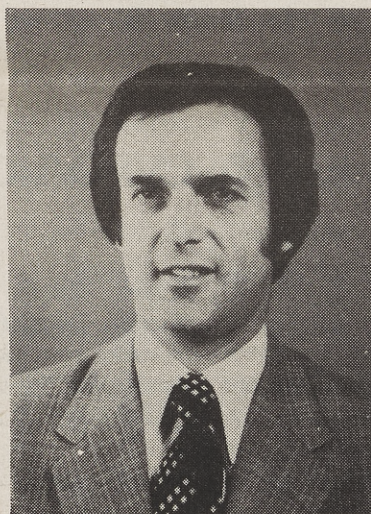
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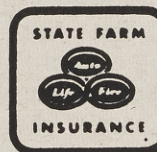
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The Carmel Valley Sun

Editor...Debra Saxton

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Time Management Workshop Scheduled

Bee Epstein, Ph.D., will conduct a one-day workshop on Time Management on Saturday, February 19, 1983, in the Chapman Room, Sunset Center, Carmel, from 10:00 a.m. to 4:00 p.m. The workshop is sponsored by the Professional Women's Network of the Monterey Peninsula.

Dr. Epstein is the principal of Bee Epstein Associ-

ates, a Carmel management consulting firm, and is the founder and president of the highly respected Success Tours, Inc. She has published a number of articles on time management, and is nationally recognized for her innovative Executive Development Program for professional women.

In addition to teaching

business courses at Monterey Peninsula College, Dr. Epstein conducts management seminars for business and industry (Crocker Bank, Hewlett-Packard) as well as for educational and health care institutions. She has conducted seminars in Alaska for the University of Alaska.

She is a member of the

National Speakers Association, a member/director of the Monterey Professional Speakers, and a member of the Monterey Peninsula Chamber of Commerce. She is listed in *Who's Who of American Women* and *Who's Who of California Women*.

Workshop attendance is limited and reservations required.

Kaminske To Speak At PWN Luncheon

Jeanelle Kaminske, real estate consultant and broker, will be the guest speaker at the February 15, 1983 brown bag luncheon lecture sponsored by the Professional Women's Network of the Monterey Peninsula at The Community Room in The Cross-

roads, Carmel, at 12:00 Noon. Ms. Kaminske's subject will be "Real Estate in the 80's"

Ms. Kaminske began her career in real estate fourteen years ago. She has been a broker for twelve years, and is the owner of Carmel Valley Realty.

Presently, she is a real estate consultant.

She is a member of the Monterey Exchange Counselors, an offshoot of the First Exchange Group where, in the early 1970's, Ms. Kaminske was the Group's first woman member. She is the Secre-

tary of the Carmel Valley Chamber of Commerce.

Ms. Kaminske has been listed in *Who's Who in Creative Real Estate* ever since it began publication.

Members are admitted to the luncheon lecture without charge, and non-members are welcome for a \$3.00 fee.

Public Officials Invited To CVPOA General Meeting

A general meeting of the Carmel Valley Property Owners Association is scheduled for 7:30 p.m. February 2 at the Del Mesa

Carmel.

Officials from local agencies will be presented to the membership. Lt.

Robert Crisan, of the Sheriff's Dept., Capt. Jim Munson, from the Highway Patrol and Fire Chief Bob Heald are the scheduled

speakers.

Newly elected Board members will also be introduced.

American Heart Association To Feature Fashion Show

The public is invited to preview spring fashions, enjoy a wine and cheese tasting, and support the American Heart Association at the annual "Affair of the Heart," on February 21, at the Steinbeck Forum, Monterey Conference Center in Monterey.

The wine and cheese tasting is at 5 p.m. and the fashion show is at 6 p.m. Gerry's of Cannery Row will show the Women's fashions and Derek Rayne of Carmel will provide the men's fashions.

Fashion coordinator is

Rosemary Tomar, Fashion commentator is Sheryl Seacey; The hair and makeup consultant is Cassandra. The show will feature men's and women's fashions, and tips on travel wardrobes, makeup and hairstyles.

Heart committee mem-

bers are Meg Butterfield, chairman, Sandy Stenchr, Monterey, Trisha McAlpen, Fort Ord, Pam Hernandez-La Silva Beach.

Tickets are \$20 each and may be ordered by phoning 757-6221, 372-0485, or 688-7272.

Crossroads Site Of PWN Meeting

The monthly business meeting of the Professional Women's Network of the Monterey Peninsula will take place on Tuesday, February 22, 1983, at the Community Room in The Cross-

roads, Carmel, at 7:00 p.m. Peninsula women interested in networking are invited to attend. An admission fee of \$3 is requested of non-members.

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Heart Sunday Volunteers Ready To Go

The time for door to door collections for the American Heart Association will be held on Heart Sunday February 27.

Heart Sunday is the annual fund raising campaign sponsored by the American Heart Association. The campaign goal for this year's drive is \$69,000.00.

Almost 4,000 volunteers throughout Monterey, Santa Cruz and San Benito counties will work the Heart Sunday Campaign. Last year the Heart Sunday Campaign raised \$53,000, one third the Central Mission Trails income for the year. All the volunteers have acknowledged receipts to give contribu-

tors and will be wearing Heart Sunday identification badges.

Anne D. McGowan, Central Mission Trails Board Chairman, feels that this year's Heart Sunday collection will increase over last in spite of inflation and flagging economy. "I think people are recognizing the need our society has for organizations such as the Heart Association. With the government cutting down and stepping out of many worthwhile concerns. The roll of organizations such as ours becomes even more important to our society. People are aware that heart disease is our nation's number one cause of death and are willing to

continue their strong support of the Heart Association's efforts in research and education she said.

As Heart Sunday draws near McGowan thinks it's important for supporters to know how their contributions are spent. "We can be very proud of the fact that since 1965 this Chapter has given almost \$600,000 to heart research. Of that amount \$375,000 has been given to the national organization for distribution to research projects and more than \$215,000 to the Central Mission Trails local research committee to researchers who have applied for grants.

Project: Heart-Y Teaches Children Good Nutrition

Children need to learn the eating habits which will help them avoid developing heart problems later in life. That's the basic philosophy behind PROJECT HEART-Y, a project created by the Central Mission Trails Chapter of the American Heart Association. The CMT Youth Education Committee headed by Janet Vaughan, a registered dietician from Soledad, introduced PROJECT HEART-Y to Santa Cruz, Monterey and San Benito teachers at recent inservice programs.

More than 100 teachers learned about heart-healthy nutrition, risk factors and exercise tips. The teachers will use the program on a pilot project basis and evaluate it. The committee will then review all suggestions before finalizing the manuscript and printing it for distribution to all K-5 teachers in the tri-county area.

CMT President, Anthony Sforza, M.D., who taught at an inservice meeting, said,

"I feel strongly that we have to deal with heart problems before they start. It works better for children to learn a diet which will help prevent heart disease than to have the psychological stress of changing a diet when they are older."

PROJECT HEART-Y stresses how salt, sugar and fat intake, includes heart-healthy recipes and gives general nutrition information. Janet Vaughan noted that PROJECT HEART-Y goes beyond the "Basic 4" nutrition information in that it points out which foods are more nutritious than others within the food groups and which foods are likely to contribute to risk of chronic disease. It also stresses the use of low or non-fat products.

Mrs. Vaughan feels certain that if children follow PROJECT HEART-Y guidelines they will be healthier. "Some of the guidelines suggested in the project would have fairly

quick results if followed with a high degree of commitment," she states. "For example, if all children cut back on sugar and fat and exercised regularly, then it's a good bet that the incidence of obesity and dental caries in the elementary population would decrease dramatically. "However," she ruefully adds, "we can be fairly sure that such a phenomenon won't occur since change of dietary habits is seldom so complete."

Dr. Sforza mentioned that in the past years we've seen dramatic improvement in medicine through research. "For the rest of the century the major improvements in health will stem from preventive measures," he predicts.

Ms. Vaughan says her committee feels that a certain percentage of children "...will take PROJECT HEART-Y advice to 'heart' and will make dietary improvements."

Current Heart Facts

During the last decade the death rate for coronary heart disease fell by 25 percent and the death rate for stroke declined by more than 36 percent. Despite continuing reduction, more than 40 million Americans are afflicted with these diseases. Nearly one million Americans die from heart disease and stroke each year -- more than from all other causes combined.

During the past five years only 20 percent of the nationally approved AHA Grant-in-Aid research applications have been funded

due to insufficient funds. Statewide, more requests for research grants are coming in, most probably due to government cutbacks in research funding. The California Affiliate has 120 Grant-in-Aid applications this year as compared to 80 last year. In the private sector the AHA is the largest contributor to cardiovascular research.

The CMT Chapter have \$90,000 to research this past year. Along with research support, CMT focuses on prevention of heart problems. CMT President, Anthony Sforza, M.D. says, "I feel the major improvements we are

going to see in medicine for the rest of the century will be from preventive measures." The Chapter developed PROJECT: HEART-Y, a program which teaches children to alter their eating habits in order to prevent the development of heart disease.

The CMT Chapter trains basic cardiopulmonary resuscitation (CPR) instructors who have taught more than 45,000 people CPR in the tri-county area. Besides basic CPR, the Chapter trains instructors for advanced CPR courses for health professionals.

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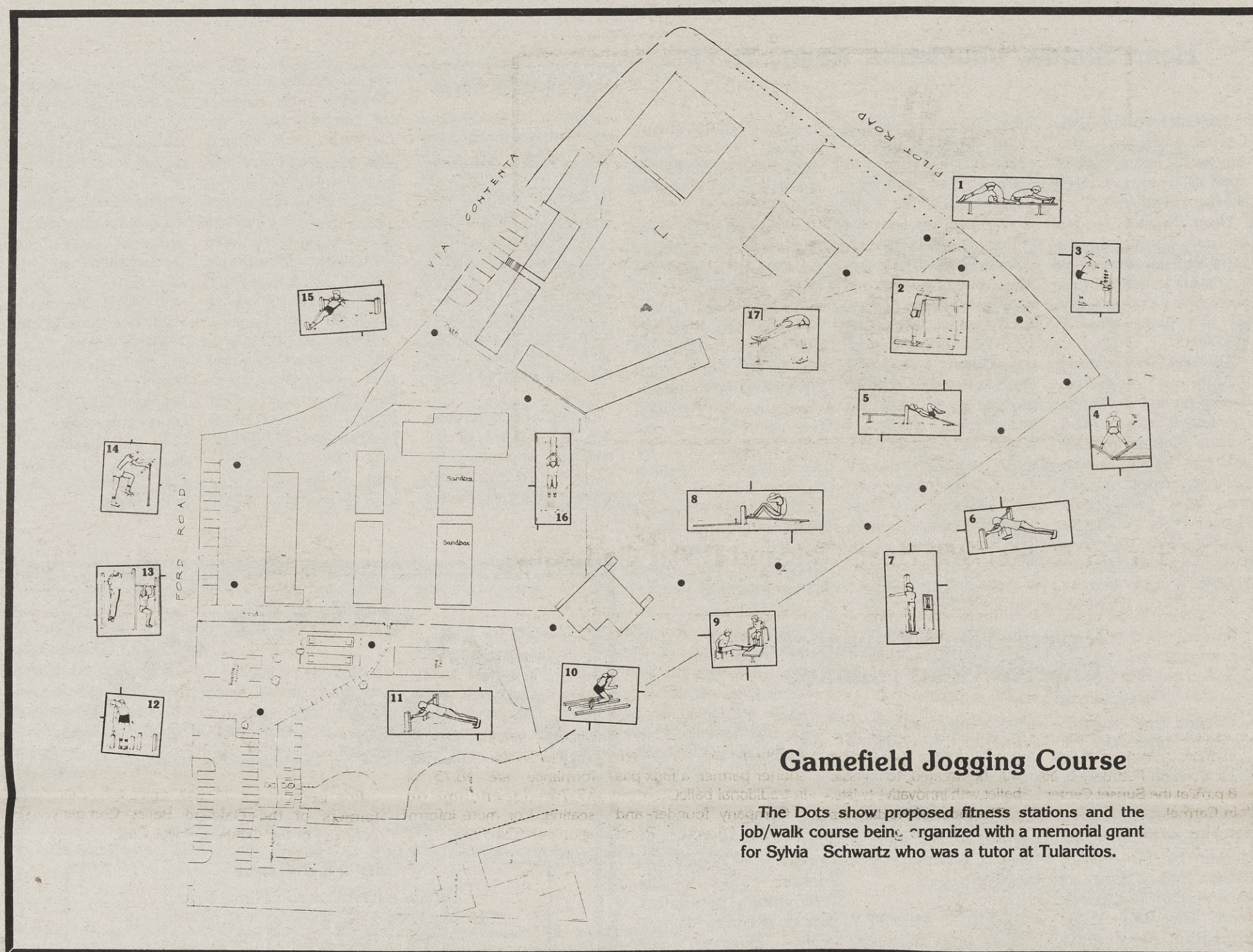
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Schwartz Family Provides Memorial Fund For Tularcitos School

Carmel Valley Residents will reap the benefits of a fitness program being established in memory of one time resident Sylvia Schwartz.

The fitness program is the result of a \$30,000 grant, provided by the Schwartz family in memory of Mrs. Schwartz who worked with learning disabled children as a school volunteer.

In response to the family's desire to continue her interests the Tularcitos School will use the grant to develop a Challenge Fitness Program. The Wells Fargo Bank Gamefield Fitness Campaign has also offered \$2500 to finance the project.

"The object of the program," states Tularcitos principal, Mary Jane Stanford, "is to treat the whole child in order to remedy learning problems. Self confidence gained in the world of physical development can generalize into the child's academic and social worlds," she added.

The entire community will have access to the physical fitness game center and a jog/walk course being developed with the grant funds.

Tentatively, the course will be around the perimeter of the school. It will include a warm up and cool down station, as well as several fitness stations. The number of stations has not yet been established.

Construction is expected to begin late spring or early summer said Stanford. The course is expected to be ready for the fall session.

The Community Center Park next to the school is also being considered for a portion of the course and stations. Members of the Community Center Park, the Fire Department and Regional Park District are joining the school efforts in the project.

The project is still in the early planning stages. A public meeting is scheduled for 7 p.m., February 2, in the Tularcitos Multi-purpose room. Residents can offer ideas and participate in further planning at that time.

The Challenge Physical Fitness program will add a fitness curriculum to the school that "stresses individual growth rather than competitiveness," informed Stanford. "All children will receive training in physical fitness for body and mind to provide a positive cooperative environment where children with special needs can develop."

Sylvia Schwartz is warmly remembered by many Valley residents. She and her husband David lived on Rancho Road from 1951 until his unexpected death in 1963. David Schwartz has been remembered by residents through the Schwartz Memorial Park next to the Bank of America in Carmel Valley village.

Little League Sign Ups Scheduled

It's time to gear up for the 1983 Little League Season.

League secretary, Nancy Watts, said sign ups will be held 7-9 p.m., February 15 and 22, at the Tularcitos multipurpose room.

Youngsters 8-12 years are eligible to play. A \$16 fee is required. A parent is needed for registration. First time players should

bring birth certificates.

For more information call Nancy Watts 659-3256.

Feel Older

Nothing makes you feel older than the discovery that today's children are studying in history class what you studied in current events.

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Sunset Center Will Host Oakland Ballet Company

"Young," "fresh," "daring," "second to none," is how critics and audiences describe the Oakland Ballet Company performances. Peninsula residents will be offered a chance to form their own opinions on February 5, at 8 p.m. at the Sunset Center in Carmel.

The exuberance and

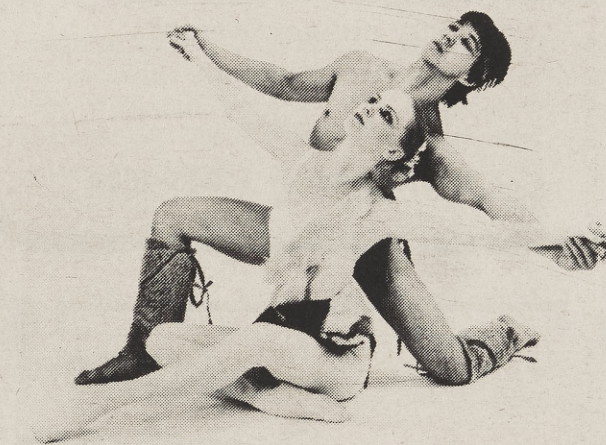
commitment stamped on each performance has gained Oakland Ballet Company - now in its 22 year - the reputation as the leading West Coast professional ballet company. Dance enthusiasts will be treated to classic ballet with innovative twists. The focus of the dancers

possible dance to the widest possible audience. To do this the dancers have shed some of the customary inhibitions of classic ballet. It's not unusual to see a 6 foot dancer matched with a much shorter partner, a faux pas in traditional ballet.

Company founder and Artistic Director Ronn

Guidi once compared the performers to an artist. They coordinate shapes, sizes and movement the way an artist creates a work of art; they just use a different canvas.

Tickets for the performance are \$8.75 or \$7.75 depending on seating. For more information call 624-3996.



Erin Leedom and Michael Lowe are among the performers of the Oakland Ballet Company. (Photo courtesy of the Oakland Ballet Co.)



The hilarious all male review "Le Ballets Trockadero," will be presented again at the Sunset Center. It's reported their repertoire gets funnier and funnier.

Western Film Festival Continues

The Great American Western Film Festival continues at 8 p.m. February 15, at the Sunset Center in Carmel.

This month's film stars Richard Dix, Irene Dunne, and Estelle Taylor in *Cimarron*. Tickets are \$2.00 at the door.

The 1931 production is among the 10 most renowned Western films of America being presented during the festival.

The Sunset Center is bringing the festival series to the community as part of its continuing program to encourage participation and appreciation of the film arts. The films feature some of the most acclaimed actors in film making.

"Trochs" Schedule Return Engagement

Comedy and polished dancing will be presented by Les Ballets Trochadero de Monte Carlo, 8 p.m., February 16 at the Sunset Center.

The hilarious all male review are more commonly known as the "Trochs". The basis of their performance has been men in roles traditionally done by women. Their *en travesti* entertainment satirizes dance styles, choreographic traditions, schools of dance, and the conventions of dancers.

Admission is \$7.75 and \$8.75 depending on seating. Last year's show sold out.

The Trochs were formed in 1974 by a group of ballet enthusiasts and dancers. They are an internationally recognized touring company.

Their performances are based on ballet classics and modern works. Among their repertoire is *Swan Lake*, *Act II*, *Don Quixote*, *The Nutcracker* and many others.

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Estimates

Out Our Way

Local Chatter

With whale watching becoming quite the rage, some of the local ladies will be sharing their tales of whales (or rails depending on their sea legs) after a big expedition that's been planned. We'll have more details next month, but we do know the trip is through Sam's Fishing Fleet, Wharf #1 in Monterey. They have trips every weekend during the migration season.

Dieter and Ruth Bach owners of the Acacia Cottages will have international adventures to share with friends and cottage guests. The duo took a lovely three week trip. Their stops included Stuttgart, Germany and Cairo, Egypt.

Melanie's Hair has relocated to a tiny but darling shop behind her house. Clients can now enjoy skylights, plants, and a nice woodsy setting.

Gretchen and Michael Patrissey's home has been livened up with the arrival of 9 lb. 2 oz. Gabrielle. Gabrielle was born mid-morning January 17. She is sure to develop an Italian flair - her folks are the owners of the La Campana restaurant on Delfino. The newest Patrissey and her family are tucked securely in their Cachagua home...

Congratulations to the Korean Sambosa Temple located on Robinson Road. The Temple celebrated it's 10th anniversary on January 22.

If you want an introduction to some refreshing characters, just peek into Mary Berta's language arts class at the Activity House. You'll see the alphabet puppets, Apple Animal, Busy Bee, Curly Cow, Ditto Dog and many others telling stories and singing songs.

Mary says her program integrates the teaching of reading, comprehension, writing, spelling, speech and vocabulary. She adds, all children profit from this program which is only part of a complete program used in many school districts throughout the State. It gives children the chance to become independent learners, she adds.

Mary has her California Teachers Credential and a Master's Degree in Education from the Monterey Institute of International Studies. She has had over 14 years teaching experience.

She is offering group or individual lessons for pre-schoolers, kindergarten and grade school children. Mary says you can find out more about her tutoring by stopping by the Activity House 1-3 p.m., Mondays or Thursdays, or by calling her at 659-2305.

Betrothal Announced
Spaulding-Mink

Announced to their families shortly before Christmas was the engagement of Valerie Card Spaulding of Carmel Valley and Leon (Lee) Matthew Mink of Carmel.

The bride-to-be is the daughter of the late Mrs. Virginia Card of Carmel and the late Benjamin Card, and the sister of Benjamin Card, Jr. of Laguna Beach.

She is a graduate of the University of Arizona in Tucson, and is a former elementary school teacher who now is a distributor for a health foods corporation.

Her finance, the son of Mr. and Mrs. Leon Mink of Lakeview, Ark., is a graduate of the U.S. Naval Academy at

Annapolis, Md. and is a Carmel realtor. He has a brother, Ronald Mink, of Carmel Valley. His sister, Mrs. Gloria Wiles, lives in Barrington Hills, Illinois.

The announcement was made while Lee's parents were visiting Carmel Valley for the holidays. The family was able to share the joyful news with Valerie's mother who was a patient at Community Hospital at the time.

Valerie is the mother of Tini Spaulding of Carmel Valley and a Freshman at Carmel High. Lee has four children - Jeff, Jennifer, Jody and Jill - presently residents of Pebble Beach.

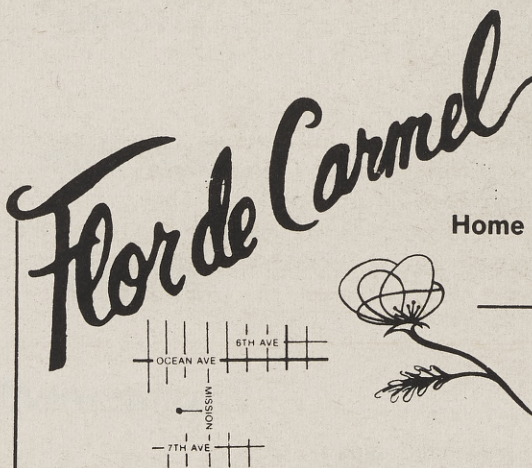
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Help Your Heart



Smoking Doubles Risk of Attack

Smoking is a factor in an estimated 325,000 deaths each year. The fact that cigarette smoking is linked to lung cancer has been well recognized for years. But did you know that twice as many smokers die of heart disease as do of lung cancer?

American Heart Association experts warn that all cigarette smokers run a higher risk of heart disease, especially if they also have high blood pressure and/or high levels of cholesterol in their blood, which are the other two major risk factors. The risk of heart attack increases with the number of cigarettes smoked. Those who smoke a pack a day have more than twice the risk of heart attack that a non-smoker has.

When you smoke a cigarette, the nicotine stimulates the heart to beat faster. Because the heart is working harder, it needs more oxygen. But it gets less because the carbon monoxide from tobacco smoke cuts down the amount of oxygen carried in the blood to the heart.

Researchers have found that smokers are more likely than non-smokers to have hardening and narrowing of the arteries that nourish the heart, the "coronaries," and of the body's main artery,

the "aorta." Smoking is also linked to narrowing of blood vessels that carry blood to the leg and arm muscles. If a blood clot blocks an already narrowed artery, the result could be damage or even loss of an arm or leg.

Women who use birth control pills have a greater risk of having a heart attack than women who do not. A combination of using the pill and smoking cigarettes increases a woman's risk of heart attack even more.

The earlier a person begins smoking cigarettes, the greater the risk to the smoker's health. As a teenager, the risk of heart attack in later life seems a remote danger. But there is evidence of harmful effects even in young, healthy people. A survey of 1,000 school children by researchers at the Cincinnati, Ohio, Lipid Research Clinic demonstrated that smoking produces immediate damaging changes in the blood fats of teenagers.

Help your heart! Stop smoking now. Regardless of how long or how much you have smoked, your risk of heart disease will be reduced if you stop. Ten years after quitting, the risk of death from heart disease is almost the same as if you had never smoked.

Joseph's Oak Deli and Bakery is now a family affair. The new owners are **Judith Bergfors**, her partner and husband, **Michael Kelley**, Michael's sister, **Colleen Wilson**, Colleen's husband, **Bill Wilson**, their son, **Greg Lind**, and Judy's daughter, **Audrey**. This family group brought Joseph's on December 27, 1982, and they have been busy making plans ever since. Joseph's will remain open as usual, 7:30 AM to Midnight, seven days a week. "We expect to expand into catering and party trades," Judith said, "and we'll be making more hot foods and bakery. We can only improve." All of the food will be home cooked with two of the women doing the baking, and the others, including Judith, doing the cooking. "It's a real family affair," Judith said.

Latitude 36 is the name of the new restaurant aborning where The Hatch Cover used to be. **Gerald B. Cederwall** and **Peter Stuber** are partners in this new venture. Why **Latitude 36**? Gerald Cederwall notes that the partners "wanted to keep the theme nautical." In looking at the globe, they found that many interesting and exciting places, including Carmel, California, were located at latitude 36. Here, Cederwall said, were not only wonderful

change the exterior of the building, but will keep it as it was when Rosie Henry held forth there. Sandra and Stew also will keep the bar as it was but, of course, it will not be used. There will be no signs around the building, either. The Cloughs are planning an open house in the near future, but the date has not yet been set. Good luck to Sandra and Stew for preserving Rosie's Place...it could have been torn down and all of those memories gone.

Jim Shakal, the friendly mechanic who operates at **Carmel Valley Texaco**, is also involved in Little League. He is looking for a person to clean up the Little League Park and do watering, grass cutting, etc. Jim says that this is a part-time job, and anyone interested is invited to call him at 659-4070. He thinks that a retired person might be ideal.

Adrona Blunt of **The Broken Bit** on Delfino Place announces that there will be live music and dancing every Friday night from 9 PM to 1 AM at the popular village establishment. The live music was approved by the County on December 30, 1982, and those who enjoy Country, and perhaps some Blue Grass music will find this a pleasant way to spend Friday evenings.

FREE ENTERPRISE ...

by Grace Darcy

places, but these places served interesting foods. Thus, **Latitude 36** came into being. The restaurant will serve red meats, but will have more extensive fish and poultry dishes. They also will have continental cuisine, and are enhancing and enlarging the salad bar. "It will be an extended salad bar, and very exciting," Cederwall promised. "We are looking for a family trade," he said. "We will have the cocktail lounge, but this will be an enhancement to the food." There will also be low key entertainment. Grand opening will be around the first of February. So, when you are travelin' around the Monterey Peninsula, be sure your compass has you at the right latitude -- **Latitude 36**.

Ruth and Dieter Back have changed the name of their popular lodge from Canary Cottages to **Acacia Lodge** (on Via Contenta). The reason is, of course, the number of acacia trees that form a background for the buildings. The new name just seemed more appropriate. Only the name has changed; the attractive rooms and considerate service remain the same.

The **Great Escape**, in the First Interstate Bank Building in Carmel Rancho, has received County permission to become a video game center. If video games are your bag, visit **Great Escape** and say "hi" to owner Dr. Raymond Miao before you become involved with PacMan, Star Wars, or whatever.

Sandra and Stew Clough have cleaned and polished the old Cracker Barrel (Rosie's Place), and now are operating **Stew's Plumbing** there. They are leasing the property and are not yet completely moved in, but they are selling both wholesale and retail plumbing parts and fixtures over the counter. The cloughs do not plan to

Jack Arnold Home Services can repair your heater -- and in this cold weather, that's a good thing to know -- fix your deck, toilet, water pipes and electrical wiring. Call Jack when you encounter any of these problems in your home or office...**Lou and Matt Allaire** continue to serve Carmel Valley village residents through their **Allaire Insurance** offices. Drop by and say "hello" when you're in the neighborhood next...**Bill Smith's Energy Shop** at **The Valley Hardware Company**, mid-Valley, has helped many valley residents with their heating problems. Genial Bill is willing to explain the workings of fireplaces, stoves, heaters, and fireplace inserts...**Chuck and Valerie McKay** of **McKay Business Service** on Carmel Rancho Boulevard offer a multitude of services for the harried business person. Not only will they lighten your work load, but they also will lighten your spirits...**The Iron Kettle** on Delfino Place serves home style lunches and desserts that are taste tempting...and, when the sun is shining, you can dine on the pleasant patio...Look for some news from **Marvin Goldstein, J.D.C.** next issue. Dr. Goldstein is the chiropractor in Carmel Valley Village, and if your back is aching, why suffer?...**Marcia Smith**, who is a licensed psychotherapist, is the lady to call if you need help resolving any inner or outer conflicts you may have...**Jeanelle Kaminske**, owner of **Carmel Valley Realty**, will be the guest speaker at the Professional Women's Network luncheon at the Crossroads, February 15, 1983, noontime. Don't miss her talk on Real Estate in the 80's.

If your business is growing, changing, moving, please let us know. We'd like our readers to know about you. See you next time.

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While Oak Plaza Carmel Valley

Virginia Cook Card

Virginia Cook Card, 72, a Carmel Valley resident since 1979, died January 6 at her Hacienda Carmel home following a brief illness.

Born March 15, 1910, in Miles City, Mont., she was a freelance writer for many years, and contributed articles to the Los Angeles Times, San Diego Sun, Santa Monica Evening Outlook and many national magazines.

A graduate of the Marlborough School in Los Angeles and the University of California at Los Angeles, she was a longtime Santa Monica resident.

Mrs. Card was a past president of Santa Monica Assistance League and a founding member of Las Floristas, which sponsors the annual floral "Headdress Ball" in Los Angeles.

At the time of her death, she was serving as president of the Carmel Valley Women's Club.

She is survived by a daughter, Valerie Spaulding of Carmel Valley; son, Benjamin F. Card of Laguna Beach, and three grandchildren.

Funeral services were held at 1 p.m., January 8, at St. Dunstan's Episcopal Church in Carmel Valley, with the Rev. James W. Brock officiating. Entombment took place January 10 at the Woodlawn Mausoleum in Santa Monica, followed by a 2 p.m. memorial service at the Moeller, Murphy, Moeller Chapel in Santa Monica.

The family suggest memorial contributions to the Hospice of the Monterey Peninsula, Box 223139, Carmel 93922.



by Susan and Ed Bloch-Farrington

Robata Still A Favorite

This article has been a fantasy of mine for a long time. I've always enjoyed eating out and I always seem to know "what's happening" in town as far as restaurants go. I'm sure of my awareness of "what's going on" is from growing up in a big city like Los Angeles. It's also a result of being curious...or maybe nosy would be the word.

I love to eat and I love to cook. One of the hobbies that Ed and I share is going out to eat. After working all day, we often find it's more fun and less stressful to have our evening meal in a restaurant than at home. Eating at home then also becomes a treat that rarely feels like the dull routine it can get to be. When we're rushing in the evening to go to one meeting or another, we would rather eat at home than out. Dining out is a time to relax and be leisurely for us.

I feel that Ed and I have a valuable perspective to share with you regarding our dining tastes and experiences. I've owned a health food store for ten years which I just recently sold. My preferences have been primarily vegetarian, including fish. Ed has been more of a traditional meat and potatoes man. It has sometimes proven challenging to find a restaurant to please us both. I am always impressed by a restaurant that can do a good job accomodating a variety of tastes without compromising on quality.

Our purpose in writing this article is to share our observations and suggestions about restaurants. Ultimately, we intend to contribute to the quality of local restaurants. We want to expand our own and other people's willingness and ability to be discriminating and to communicate our likes and dislikes. When we really appreciate a restaurant we want to acknowledge it here. We also want to use this space to offer our supportive criticism.

How many times have we left a restaurant with strong feelings one way or the other and vowed to write a letter or speak to the manager? For us it's a time to start doing more than just thinking about it.

There are many different aspects to the dining experience that we look for, including of course the taste and appearance of the food itself. We will be commenting on the ambiance of the restaurant, the type of food offered, the selection available and the service. There are certain places that are fun with friends, some we save for a romantic evening alone and others we enjoy with the children.

A favorite restaurant of ours continues to be The Robata in the Barnyard at the mouth of the valley. The Robata offers what they call Japanese country cooking. The menu is great. There is something to please everyone, including a large selection of appetizers which we often have for dinner, full dinners and a newly opened sushi bar. This restaurant is worth checking out even for those of you who are unfamiliar with or dubious about Japanese cooking. Try it, you'll like it! The simple and charming decor and the warmth and graciousness of the staff make dining at The Robata more of an event than just a meal. It has a full bar, daily specials and an outrageous lunch menu with some unexpected items such as Japanese pizza and a wonderful pasta dish featuring shitake mushrooms. We've tried almost everything and haven't been disappointed yet. It's a good place to bring the kids if they're adventurous. Our children are teenagers and they love the place. The dress is casual and the price range is what we would call moderate to high, depending upon your appetite. I love places where we can go where a variety of appetites and price ranges can be accomodated. The Robata is such a place. Dinner is served seven nights a week and lunch is served Monday through Friday. We've seldom had to wait long for a table. but it does get a bit crowded on the weekends and reservations are taken only for large parties. Their phone number is 624-2643.

Please share your favorite places and new discoveries with us so that we can pass them on in future articles. We would love for this to be a beginning of a dialogue.

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Pat Quinn's Wildlife

By Pat Quinn, Director, George Whittell Wildlife
Rescue Center, Monterey SPCA

The Oddest Couple...

I don't know how to start a mushy story, but that's how I feel, so please bear with me.

The reason I'm sharing this story with you is because of its unique qualities. And because it made the month of December very special for all of us at the George Whittell Wildlife Rescue Center. Sort of a present from "you-know-who."

The winter months at our center can be very discouraging. We get into a syndrome of what we call, "winter problems." Many of the birds and mammals that come into our center for help have been marginal during the summer months -- barely limping along with one minor problem or another -- and now the storms battering our coast are playing havoc with them.

Seabirds, unable to find food, take to the air and are blown into buildings and powerlines. The local result was some 75 birds brought to us during the two days after the first storm. Most of them were suffering from starvation and exposure. Many of the birds, such as the delicate Phalaropes, had compound fractures of wings and legs. Bones jutting out from flesh and feathers and leaving a feathery bundle of helpless vulnerability.

And the only human solution for many of them was to help them out of their misery.

It always seems to happen at a time when you would rather forget pain and suffering, and get along with the business of celebrating the holidays. With Christmas peeking around the corner, and all you can see are all these sad injured creatures coming through the doors, many beyond treatment, you wonder why you got into this business in the first place.

Then one day, about noon, I looked up to see one of our animal control officers coming through the door with a small box.

At first glance I see a splash of scarlet iridescence and Anna's hummingbird skips across my mind. A second glance also shows me that this tiny 3-inch bird will die without immediate treatment.

I put him in the incubator and quickly make up some emergency formula, hoping to bring that little comatose form back to life. Placing the formula in a 33cc syringe I gently ease the tip over the end of his beak. After a few seconds (more like an eternity), the hummer seems to realize there's food available and begins to feed.

The feeling I get at times like this is like trying to hold your breath for two minutes and then letting it out -- knowing the relief when you can breathe again.

I turned and looked at the officer and could see his own concern.

"He flew into a plateglass window," he said. "Can you save him?"

My answer is, like always... "We'll try."

For the next hour we feed the hummingbird every 15 minutes to get him stabilized. When it looked like he was over his first initial shock, it was time to check him for injuries. It didn't take long to find that one of the miniscule bones in his wing was broken. It would take at least a month to heal.

Just then I received a phone call from an anxious father who's daughter had found a baby mouse.

"We really want the mouse to make it," he said. "Do you take care of mice?"

"Of course," I laughed, glancing over at the tiny hummer. "Bring it in!"

And so, two hours later, I'm looking down at a frazzled starving baby that will require at least a miracle to save. But who said there was no such thing as miracles? When you deal with life, you see them every day.

That evening, both hummingbird and mouse needed to be taken home so they could be treated during the night. For convenience sake, I placed them both in the same little container.

At midnight, I dragged myself from under the covers to check on my patients. I couldn't stop the smile that came to my lips. Sometimes for heat, we'll hang a little Christmas tree light over the top of a cage. Usually a red or a blue light so the brightness won't hurt the animal's sensitive eyes.

The light I'd used that night was blue, and inside the cage, looking like a bright red jewel, with his head pointing up and his wings extended, sat the hummingbird. Nestled tightly against his side and under one protective wing lay the tiny baby mouse -- curled up in a tight little ball.

Christmas comes in small packages, and love and companionship attracts all things.

I sat back and watched those two tiny creatures, clasped together in their own need and knew they were going to make it.

Over the next few days the hummingbird's eyes became brighter and more alert. He learned where the food was coming from and began to use the syringe on his own, just like a feeder outside your back window.

The little mouse, whose red-tufted ears moved quizzically around in all directions at once, began putting on weight and even started nibbling on solid food.

We'd periodically check on this odd couple when we were feeling a little down...or just in need of seeing the warm relationship those two had developed.

Two weeks later we could still see the mouse enjoying his daily nap tucked under the hummingbird's wing. But by now our little bird was testing those wings, and the mouse was learning about hiding under towels.

Then their own biological clocks began to function, and the hummingbird was awake and active during the day and the mouse became playful at night. And this eventually led to the separation of the two friends -- neither was getting the rest it needed, especially the hummingbird.

So we finally put each in its own cage.

And though those little friends are separated, I doubt they have forgotten. I know I won't forget that during times of stress and sadness, there is always something or someone who can help you through it all and give you the encouragement and friendship and love that you need.

And you also realize that friendship can come from any direction, and sometimes from the "oddest" sources.



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The Feminine Principle ...

by Grace Darcy

I have been called radical. What is radical? The word itself comes from the Latin radic meaning root. In the sense that radical is used to define a person's attitudes or belief system, it means, according to Webster's New Collegiate Dictionary, "marked by a considerable departure from the usual or traditional; tending or disposed to make extreme changes in existing views, habits, conditions, or institutions." Another meaning of radical is "of, relating to, or constituting a political group associated with views, practices and policies of extreme change." These changes, of course, mark a departure from the "root" which is why the word radical is used in these instances.

Reading the definitions of this "frightening" word must reassure the faint-hearted, at least somewhat. All of life is change, a breaking away from roots that are too binding, too painful, too traditional. The Democrats might assume a "radical" posture when they attempt to defeat the Republicans at the polls, and vice versa. Both major political parties want to change "extremely" the policies and platforms of the other, and political rhetoric to this effect waxes passionate at election time.

Most women want change and, in that sense, women are radical. We have lived far too long in a patriarchal society that has stifled creativity, expression, and equal participation in the mainstream of life. We were -- and in many instances still are -- second class citizens. Our own country, supposedly one of the most advanced in the world in its treatment of women, last year refused to ratify a Constitutional Amendment that would grant women

equal rights. As we discussed last week, even the language we speak reinforces the belief that women, somehow, are not quite as important as men.

Changes must be made. Radical changes. No longer can women tolerate the abuse of power so manifested in a patriarchal society. Women do not claim to be perfect. We do claim that we are entitled to equal opportunity under the law, that we are entitled to equal pay for equal work, and that we have the right of domain over our own bodies. Women no longer will tolerate the concept of "woman as victim" -- the silent sufferers from rape, battering, intolerable property laws, and single parent poverty.

Women no longer are content to work in dead-end jobs while their male counterparts climb the ladder to higher pay and executive title. No longer will women accept earnings of 59¢ for every \$1.00 a man doing the same work receives. In common fairness, this discriminatory practice should be abolished by law.

The birth of a male child often is greeted with more joy than the birth of a female child. The main reason seems to be that the boy child will "carry on the family name." This is, of course, a result of our insane tradition that a woman must take her husband's name at the time of marriage. A manless woman, in our western society, is often subject to scorn, and the unmarried woman is called by such perjorative names as spinster and old maid. The unmarried woman is seldom seen as an asset at a mixed party, but the bachelor's presence at such an affair is highly prized. The inequities go on and on.

There is a great difference between patriarchal and matriarchal societies. According to Elizabeth Gould Davis in her book, *The First Sex*, (Penguin Books, 1971), "Patriarchal peoples place more importance in property rights than in human rights and more emphasis on rigid moral conformity than on concepts of justice and mercy. Matriarchal societies...are characterized by a real democracy in which the happiness and fulfillment of the individual supersede all other objectives of society."

If Ms. Gould's descriptions apply, and they obviously do, it is apparent that here in the United States, we are living in an extremely powerful patriarchy. The new right, for example, led by the president, has reinforced the patriarchal stance which had slowly been declining in favor of more humane concern and understanding, earmarks of the matriarchal society.

The rigidity of conforming behavior, as defined by those who call themselves the moral majority, sets moral standards in line with the most entrenched masculine thinking: man as unquestioned and unchallenged head of the family, woman as his mate, his subordinate, and the mother of his children (not hers). The children of this nuclear (read "ideal" in moral majority and new right thinking) family bear their father's name, perceive mother as a person who is of less importance than father, and pretty much a non-person. This conforming family configuration is a self-perpetuating role model for the children. New right and moral majority people perceive the family unit as "ideal" even if the "head" of that family is an adulterer, a wife beater, a child abuser, etc. It's the "ideal" that counts, apparently.

Women who by circumstance or choice live "outside" the ideal, as defined by the moral majority, are well aware of the total lack of logic in such inflexible judgements and standards. Righteousness is not a virtue to be commended.

By fair means or foul, these people would deprive others of their right to choose, their right to be equal, and their right to live in a war-free world. This is patriarchy at its most powerful.

Thus, women have two choices...they either may opt to remain victims of the patriarchal system or they may do whatever is necessary to insure radical change. Women need to decide if they will continue to be deprived of the right to make their own choices about matters such as abortion, birth control, children (to have or have not), marriage, etc., or if they will insist upon radical change that will unfetter both their psyches and their bodies. To progress from a patriarchal to a matriarchal society, or even to some sort of meeting place between these opposites (not good, but better than what we now have) calls for radical action. Women are in the forefront of that radical action, and have been for generations.

If wanting to live in a world without war, wanting to eliminate want and waste, rape, battering, and child abuse, wanting to be a part of a compassionate and loving society, is radical, then count me in. As a matter of fact, I am in very good company: Basilea, Joan of Arc, Esther, Mary Magdalene, Elizabeth Stanton, Susan Anthony, Abigail Adams, Eleanor Roosevelt, Betty Friedan, Bella Abzug, Gloria Steinem, Sandra O'Connor, and every other woman who demands her right to private and professional dignity. Bless them all!

Good wishes to Judith Bergfors and family who are the new owners of Joseph's Oak Deli and Bakery...Meigra Mixter will conduct a massage class on January 29, February 5 and 12...Meigra is a compassionate, talented young woman with gifted, healing hands...Debbie Bradburn doing a great job for The Crossroads administrative offices...Bee Epstein, Ph.D. will lead a workshop on Time Management for the Professional Women's Network on February 19...reservations needed...call 659-3933...Susan Block Farrington is the woman to call if you'd like to attend the Women's Success Team Seminar on February 12 and 13. Call Susan at 625-6651...There are so many talented women in Carmel Valley and on the Monterey Peninsula...artists...craftswomen...professional and business women...daily they contribute to our well-being...and we are blessed by their presence...Until next month.

POOL AND SPA REPAIR

By Locksin Thompson

A Spa

Or A Tub

We've talked about it all except for the "vessel". Here are some different types.

Hot tubs - They are made out of wood - redwood, teak, jarrah, oak, wine barrels, cedar, koa, etc; Most are good. Look for how good the copper is and how well it was put together, and who is going to warranty it.

Spas - They are made of

gel coat or fiberglass, acrylic, rovel, cross linked polyethelene, vinyl, gunite, concrete and plaster, all ceramic tile, etc. (anything except wood). Once again check who's the manufacturer, who's warranting it and how long the warranty on the shell and

the finish are.

Both products along with pools, pool/spas and swim lanes are only as good as the support system and the installer. Also make sure you have chosen the right location the first time.

GRINDSTONE NOTES

by Larry Warcken

angle is, (most garden tools have about a 20°-30° angle). Knowing the angle is unimportant, but you need to know that there is an angle. Once the tool is secure and you recognize that there is an angle, you take the file and duplicate that angle, make a few light passes on the tool from one end of the metal to the other. If you see new shiny metal along the angle then continue - if not, then increase or decrease the angle of the file. You will have to use your own judgement on when the tool is sharp, a rule of thumb for cutting tools is when the point of the saw feels like a needle, for pruning tools if they will cut newspaper and for digging tools if they have an edge that feels sharp.

Continue sharpening until you have the desired edge, stopping now and then to remove the metal bits from the file. You do this by lightly rapping the file against the tool or by using a wire brush and brushing out the metal filings.

One more word about garden tools: Everyone agrees that tools should be sharp to work efficiently, and you will get no argument from me, but what about the handles? I could tell you about blisters suffered from using tools with rough, cracked handles. Instead I'll tell you how to remedy that situation. Take some 60 to 80 grit sandpaper and sand all the rough spots until they are smooth. Then take some linseed or vegetable oil and rub it on the handle. Wait until it soaks in, lightly sand it again, rub oil on it and you have a tool that feels as though it belongs to someone who cares.

Gardening Tools

It seems that the ultimate gardening crime is to try to cut a perfectly formed rose only to have the stem twist and turn. Help is on the way, stay turned and learn all the sharpeners secrets.

I divide gardening tools into three categories, digging, pruning and cutting. All three are pretty much self-explanatory. But at the risk of informing a few and boring a bunch I'll go through the related tools and their categories.

DIGGING — Shovels, spades, picks, hoes, (fingers).

PRUNING — Small and large pruners, all types of lawn and garden shears, hedge clippers (hand type).

CUTTING — Limb saws, pruning saws and any other device used for cutting, hacking or tearing a particular garden plant.

What is needed to sharpen any of these tools is a mill Bastard file or a Home and Garden file, (both are available at the local hardware stores), and some means of holding the tool secure, (a vice or a companion). Once you have the tool secure look at the **edge** (the part that does the cutting or digging), and then get an idea about what the

A Few Thoughts On Knives

1) Keep knives stored where they won't bang against other metal objects. Metal against metal dulls a knife quickly.

2) Keep your knives clean, but not with a dishwasher. Dishwashers create currents that cause the knife to bump against other cutlery and can cause nicks in the blade.

3) Stay away from electric knife sharpeners. They will wear a good knife down in no time at all and the edge they put on a knife is momentary, at best.

4) Use a sharpening steel. It aligns the edge so the knife cuts more easily. It doesn't "sharpen" but it will keep the edge on a sharp knife.

5) Baby your knife. Treat it like the prized possession it should be.

Inflation

A man went to the meat market the other day and ordered a dollar's worth of steak. The meat man replied, "Brother you said a mouthful."

Not That Bad

"It looks like a bad storm coming up," said the hostess. "You'd better stay for dinner."

"Oh thanks," said the guest absently, "but I don't think it will be that bad."

Women's Club Will Host Card Party

It's an afternoon of games planned for the monthly Women's Club meeting at noon, February 2, at kSt. Dunstan's Episcopal Church.

This month's get together will be a time for food, fun, and games. Any games such as Bridge, Canasta, Rummy, Yahtze, whatever; Bring the boards, cards and score pads.

All guests are welcome. There is a \$7.00 fee. For more information and reservations call Nellie Mirani 659-2454.

CLUBS

Children Topic of Guild Meeting

Children will be the topic at the Carmel Valley Community Chapel Guild meeting scheduled for 12:30 February 9, in the Fellowship Hall.

The program titled "Birthday Desert" honors children who received missionary aide.

Guest speaker will be Mrs. Debbie Bergstrom. She will be speaking about her experience in giving a home to a Vietnamese girl. Ms. Bergstrom has received national publicity for her presentation. She is the wife of Pastor Don Bergstrom of the First Church of God in Pacific Grove.

Guests are welcome.

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More Valley Volunteers



Real Estate is volunteer firefighter Ken Van Hagen's occupation. He is with Porter Marquard Realty. His wife Barbara works for Carmel Glass.

Van Hagen has been in the Valley for 21 years. Out of that he has served 15 years as a volunteer.

When he first came to the valley he got into a lot of

activities but wanted to find one that did the most for the valley. He says being a volunteer is also a chance to give something back for being able to live in this beautiful community.

Ken's hobbies have been skiing and raising 7 kids. To which he adds he's grandpa of 3.



Being a volunteer is only one activity that pre-occupies Lee Warner's time. He bicycles, runs and is also a little league coach.

Of the 2½ years he's been a volunteer he says it's a real community spirit builder, provides a needed

service and is educational.

He presently manages the Grapevine Liquor and Deli. His wife Sydney works for a software manufacturer. Their 9 year old son Bryan attends Tularcitos school.



"It's an enjoyable way to help out the community," said Roger Gardner on being a volunteer. "It's also a pleasure to be associated with the dedicated people that are in our Fire Department," he added.

Roger has been among the volunteers ranks for 8 years. He's been in the

Valley for 30. Roger helps his dad, Lou Gardner, run the Blue Sky Lodge.

Roger said he spends in between times racing sports cars and coaching little league. He and his wife Allison's twins - David and Mathew - are on the teams. The boys are 11.

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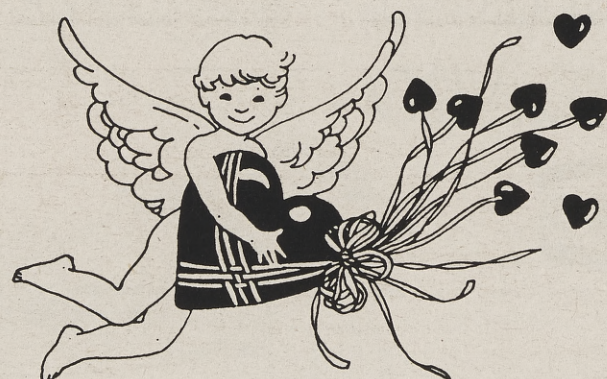
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One of the readers of the Carmel Valley Sun has asked for information about fruit tree planting and varieties suitable for Carmel Valley. This is an excellent time to inquire as it is now the proper time to purchase and plant fruit trees in the Valley if you are to get the best growth out of your trees during the coming spring and summer. Planting should be done between now and the first of March.

Before we get into varieties let's talk about a few of the basic points to consider when planning to plant an orchard or for that matter, a single tree.

First and of most importance is to decide on what size tree you want when it is full grown. Mature, standard size fruit trees may reach 20-25 feet in height and 20 feet in width unless they receive severe pruning, a difficult and laborious task. So my general recommendation is to plant only semi-dwarf or dwarf trees. They are much easier to prune, spray, irrigate and harvest. Most all varieties of semi-dwarf and dwarf plants are now available in almost all varieties. If you cannot find them in one nursery or mail order house, you can shop around and find them in another place. Semi-dwarf trees usually reach 10-12 feet when mature, while dwarf trees are usually only 6-8 feet. Extra dwarf (used for tub plantings in patios, etc.) reach only 5-6 feet when mature.

This is very important when planning your plantings in relation to area to be planted and number of trees to be planted. You should figure plant spacings based on the size of the mature tree with extra space left to walk between the trees when mature.

Another consideration is the number of trees of each fruit necessary to plant for proper pollination. Most peach varieties, all nectarines, pie cherries, all apricots and most prunes are self-pollinating so can be planted singly. Most apples, pears, plums, sweet cherries need cross-pollination. Peaches and nectarines can cross pollinate but other fruits cannot. The bees will do the job for you but they must have the proper varieties available.

Second most important is how we plant the tree. Most fruit trees to be planted are purchased as bare rooted plants 4-6 feet in height, wrapped in sphagnum moss or some other absorbent material, covered by a plastic bag. As soon as the plants are purchased they should be removed from the wrappings and the roots placed in a bucket of water deep enough to cover the complete roots. They should be planted within 3-4 days. The planting hole should be at least 24 inches in diameter and 12-20 inches deep. In the bottom of the hole should be placed $\frac{1}{2}$ to 1 lb.

of a good commercial fertilizer (10-10-10). This should be covered by 4-6 inches of soil and then a pound of steamed bone meal should be spread around the hole (bone meal is available from nursery's and feed stores). The hole should be filled in with a high organic soil - completely decomposed compost is excellent, to a point where the seedling base will be about 2 inches above the groundline. The seedling should be placed in the partially filled hole and all roots on the plant should be spread uniformly over the soil in the hole.

Then more good soil or compost should be added to fill the hole to the ground level. Then the soil should be compacted by standing with your feet next to the seedling approximately level with the ground line and the hole can then be filled to the ground line. In no case should the union of the seedling trunk and the roots below the ground line be covered with soil, if so, the tree will die from lack of aeration at the ground line. To finish the job, the seedling should be watered very thoroughly and a ring of fertilizer placed around the seedling about 8 inches from the trunk. Late winter rains will leach this fertilizer slowly into the soil.

Third is the cultural practices. In Carmel Valley all fruit trees need irrigation, annual fertilizing and pruning and most of them require some spraying. A dormant spray is a necessity for peaches and nectarines and apples, pears, etc. usually need at least a dormant spray to control aphids and mites. If you are willing to share your crops with insects and diseases (as I do), summer sprays can usually be omitted.

What varieties to plant? This of course depends on many factors. When do you want the fruit available, usually it is better to plant varieties maturing at different times, from early summer to late fall if they are available. What types do you want - yellow, red or green apples; green, red or purple plum; sweet or sour cherries, etc. In my own orchard I've found varieties will do well so my objective has been to study the varieties and plant what I want.

Information on varieties to plant and their character-

istics can be obtained from local nurseries, the Monterey County Agricultural Commissioners office, and commercial mail order nurseries. As a local guide, the varieties I like are:

APPLES: Lodi, Cortland, Jonathan, Red Delicious, Golden Delicious APRICOTS: Moorpark, Tilton, Chinese Golden CHERRIES: (sweet) Bing, Blackstar, Royal (Yellow); (sour) Montmorency, North Star NECTARINES: Golden Prolific, Sunburst, SunGlo, Delicious PEACHES: Belle of Georgia (white), Elberta, Golden Jubilee, Red Haven PEARS: Bartlett, Seckel, Bosc, Kieffer, Moonglow, Clapp's Favorite PLUMS: Santa Maria, Satsuma, Redheart, Stanley (prunes)

These or other varieties are available from most local nurseries, Handyman in Salinas and H and H in Seaside. In addition, the following are some of the commercial nurseries from which you can order or write for a free catalog with a detailed description of the different varieties.

Bountiful Ridge Nurseries, Inc., Nursery Lane, Princess Ann, MD 21853 • W. Atlee Burpee Co., Warminster, PA 18974 • Jackson & Perkins Co., 11-A Rose Lane, Medford, OR 97501 • May Seed & Nursery Co., Shenandoah, GA 51603 • J.E. Miller Nurseries, Inc., Canandaigua, NY 14424 • Rayner Bros., Inc., Dept. A41183, P.O. Box 1617, Salisbury, MD 21801 • Spring Hill Nurseries, 6823 North Galena Road, Peoria, IL 61632 • Stark Brother's Nurseries & Orchards, B4051C, Louisiana, MO 63353.

Be careful when buying from local nurseries who often have fruit trees in pots instead of bare roots. Many of them do not keep their potted trees as the bare root market. In general, I would prefer to buy bare root plants from a good nursery than a potted tree from a local nursery.

By careful planning, variety selection, planting, spraying, irrigating and fertilizing you can have a wonderful harvest of fine fruit. Remember, that it will be 3-4 years before any sizeable amount of fruit can be harvested.

The Carmel Valley Gardener

by Dr. Ernie Marshall*



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Thoughts by Illia Thompson

I Feel So Safe With My Arms Around You

Not long ago, just after some friends of ours had decided not to continue their marriage, my son woke up during the night, sobbing hysterically. After some calming down, he was able to relate his nightmare, one of devastating abandonment. We, his parents, had left him. His father had sailed off to parts unknown, and I, not wanting to bother with a child who is sometimes difficult, left also. He was placed into an orphanage where the people were mean. When he had convinced the man in charge of the orphanage that he needed my phone number, I wasn't home.

As I held and comforted him after his dream, I assured him that this would never happen to him. I realized that he was also comforting me. Then he said, "I feel so safe with my arms around you." At that moment I experienced that feeling is as important to the child as it

is to the adult. His fears of abandonment were not only that he wouldn't be taken care of; they also meant that he would have no one with whom to share his loving feelings.

Because of our experience that night, we both felt the reciprocity of caring that bridged age barriers. We were two caring people intensely there for each other.

In this age of transiency and worldly uncertainty, it is more important than ever to be there for our children and each other. Again that time-honored cliché "quality time" does ring true. Just a few special moments of being there, to allow what's inside to emerge and to become clarified, are gifts that we can give to each other. In a young child, fears can be erased, misconceptions put right, and simple questions answered. Above all, that reciprocal feeling of caring can be fostered so that it may become a special gift to be shared with others throughout one's lifetime.

Don't Ask Me

Voice: "Is this the weather bureau? How about a shower tonight?" Forecaster: "Don't ask me. If you need one, take it."

The English Language

Among the English Language's many puzzling words is "economy," which means the large size in soap flakes and the small size in autos.



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CARMEL VALLEY NATURAL FOOD NEWS

The field of nutrition is growing at such a rapid pace that I'm sure for most of us an abundance of unanswered questions remain just that - unanswered questions. The inspiration and most valuable up to date information that our nutritionist, Blair, has brought back to us from her last seminar is very exciting.

We invite you to share in her experience and knowledge of the information she has obtained from a highly respected professor in the world of clinical nutrition, Dr. Jeffrey Bland.

Sincerely, Wendy

To enrich my studies in nutritional therapy I attended a 2 day Seminar in San Francisco entitled Comprehensive Overview of Clinical Nutrition. The presenter was Jeffery Bland, Ph.D who teaches Nutritional Biochemistry at the University of Puget Sound in Tacoma Washington. He is President of the Northwest Academy of Preventive Medicine, Director of the Bellevue-Redmond Medical Laboratory in Washington and author of the book **Your Health Under Siege: Using Nutrition To Fight Back**.

The wealth of information in Biochemistry, physiology and clinical nutrition he communicated was awe inspiring.

One of the topics covered was accessory food substances, and food concentrates used as medicines. He presented studies that had proven that extracts of alfalfa seed are a powerful agent to lower cholesterol in the blood; Used in conjunction with garlic and onions it is even more effective.

He referred to Maxepa again and again as a useful agent to reduce atherosclerotic plaque. Maxepa is a marine lipid concentrate that renders the blood more slippery, reducing too sticky platelet formation. It also nourishes one's immune response system.

Dr. Bland advocates the glucose tolerance factor chromium as a powerful blood sugar regulator, raising levels if they're too low and lowering those that are too high.

He prefers pectin, agar-agar and glucomannan as providers of dietary fiber. Dietary Fiber has been found to reduce serum cholesterol by increasing fat excretion. Oat bran was superior to wheat bran as bulk he said.

There was much much more information presented on vitamins, minerals, diets, fasting, food substances and related literature. Feel free to come in and ask me questions about what you are interested in.

If you are interested in a referral to physicians who include nutritional therapy in their practice you can call 206-881-9660 in Seattle Washington for a list from the Northwest Academy of Preventative Medicine.

Note: In last month's article on Vitamin B-1 there was an error. To correct a B-1 deficiency could require up to 100 mg. per day instead of the 10 mg. reported in the article.

Recipes from "Your Health Under Siege: Using Nutrition To Fight Back" by Dr. Jeffrey Bland.

Sesame (Tahini) Spread

- | | |
|------------------------------|-------------------------|
| 1 cup sesame butter (tahini) | 1-2 teaspoons of tamari |
| 1/2 cup fresh lemon juice | (soy sauce) |
| 3 gloves garlic | 1 cup cold water |

Process in the blender, adjusting flavor and consistency as you go along. Add other ingredients, such as tofu to make it thicker and smoother, or vegetables such as onion, parsley, celery, or green pepper. It depends on what you are going to do with it. Feel free to experiment.

Tofu, garbanzo beans, and sesame are all excellent, but inexpensive, protein sources. These recipes contain no sugar, and are low in calories and cholesterol.

Middle Eastern Taco

- | | |
|--|-------------------------------------|
| Have ready: | 2 gloves garlic |
| 10 pieces Middle Eastern pocket bread (pita) or 10 wheat tortillas | 2 tablespoons lemon juice |
| | 3/4 teaspoon coriander, ground salt |
| Puree together: | 1/2 teaspoon cumin, ground |
| 1 cup dry garbanzo beans, well cooked | 1/4-1/2 teaspoon cayenne |
| 1/2 cup (heaping) toasted ground sesame seeds or 1/4 cup sesame butter | |

Increase spices to taste. Let stand at least 1/2 hour at room temperature. Cut pieces of Middle Eastern bread in half and fill "pockets" with bean mixture. You may want to heat the filled bread in the oven before garnishing. Or serve on wheat tortillas, fried until soft but not crisp. Add the following garnishes and allow everyone at the table to assemble their own "taco":

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| shredded lettuce | chopped onion |
| chopped tomatoes | 1 1/2 cups yogurt (or cheese) |
| chopped cucumber | |

Nutty Fruit Cake

- | | |
|--|--|
| 1 cup safflower oil, preferably cold-pressed | 1 1/2 cups fresh cranberries (or frozen, without sugar) |
| 1 cup chopped pecans | 1/2 cup oranges |
| 2 cups old-fashioned rolled oats | 1 cup apples (1 1/2 small apples or 1 large) or 1 large) |
| 1 cup well-drained crushed pineapple packed in its own juice | 1 teaspoon pure vanilla extract |
| | 2 1/2 cups whole-wheat flour |
| | 1 cup shredded unsweetened coconut |

Coarsely grind cranberries, oranges, and apples. In a large bowl, combine all ingredients, stirring until the dry ingredients are well moistened. Spoon into a lightly greased bundt pan and bake at 350°F for 50 to 60 minutes or until the cake tests done. Let it cool in the pan for 10 minutes before turning out onto a serving platter. Cake may be served warm or cool.



WHERE THERE'S SMOKE . . .

BY: Fire Dept. Staff

WATER RAINS - HIGH WATER

Each year the rains come, and with it the treat of floods and erosion. During the rainfall season, approximately a six-month period from November to April, Carmel Valley residents can expect high water conditions that generate serious run-off, erosion, and flooding problems.

The best, and often the only way to deal with some of these problems is through anticipation and advanced preparation. If you live or own property on the Carmel River, on any of the numerous small creeks or canyons, or on any of the natural or existing drainage ways, plans should be made and resources lined up so that you can react to the inevitable high water situations. The following information may be of assistance to those needing to formulate plans and also to help define the role of the Carmel Valley Fire Department in it's responses to flooding emergencies.

The primary responsibility of the fire department in any high water disaster is the saving of life and the reducing of life threatening conditions. Caution must be exercised by the fire department not to tie up equipment or manpower addressing potential property damage when the problems of fire and life safety are not present. Because of this, the fire department will only be able to spend a short time doing a small amount of work for property owners in the hopes of minimizing property damage during high water conditions. The fire department does not have the resources to fill sandbags, build rip-rap, or divert large quantities of water, nor will the fire department come to property with chronic recurring flooding or erosion on problems every rainstorm. In short, the burden of responsibility for property protection during flooding falls on the property owner. This should serve to emphasize the need for pre-flood planning and careful coordination with other county, state, and national agencies.

The Monterey County Flood Control and Water Conservation district has developed an excellent guide titled, "Floodfighting and Erosion Control Manual", which outlines specifically the steps necessary to protect your property. Listed are the names and telephone numbers of public agencies specializing in flood and erosion control; names and numbers of engineers, contractors; and material suppliers and illustrations depicting typical emergency control procedures. This manual is available free of charge and is being distributed at various points including most fire stations. Also being distributed and available at all Carmel Valley fire stations are a limited number of burlap bags.

By taking advantage of the support of existing public agencies and spending some pre-flood thought in planning and acquiring resources, most property owners should be prepared to "weather the storm".

New York Times

CROSSWORD PUZZLE

Edited by EUGENE T. MALESKA

ACROSS

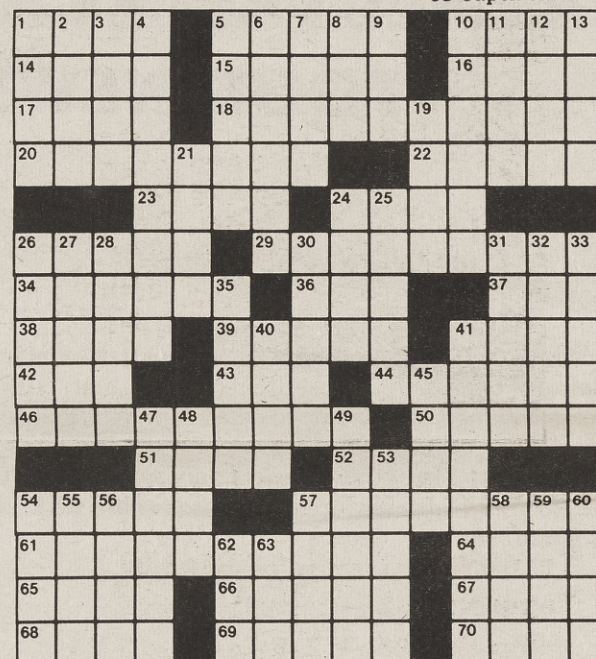
- 1 Golf stroke
5 Brazilian dance
10 Fly rapidly
14 Winglike
15 Dress carefully
16 Facilitation
17 Doing nothing
18 Steinbeck novel
20 Bread warmers
22 Standish's rival
23 "Mary — little . . ."
24 Small opening
26 Dull sound
29 Married sleuths of fiction
34 Abe's adjective
36 "Chances —," Mathis hit
37 Sorrow
38 Destruction
39 Author Toffler
41 "— le roi!"
42 Time-zone abbr.
43 Caviar
44 Salted a road
46 Military school since 1802
50 People of action
51 Diner sign
52 Handy Latin abbr.
54 Seaman's "Halt!"
57 Like some cartoons
61 Calhoun was one
64 Lacerated
65 Ceramic square

- 66 Flat-topped hill
67 Thor's father
68 Shebat follower
69 Army biggies
70 U.S. bombs

DOWN

- 1 Sea worms at times
2 Ray of the reels
3 White House woofers
4 College rookies
5 Celerity
6 Bible peak
7 Midshipman's meal
8 Pimlico transaction
9 Up: Prefix
10 Antenna
11 Angel, once
12 "Video" translation
13 Neighbor of N.C.
19 Card game
21 "Lights out" signal
24 Persian pixie
25 Standing
26 Hurdled
27 Wilson's adviser
28 Textbook parts
30 Winter —, Fla.
31 Doubly
32 Circle above
33 Agronomist's purchase
35 Gypsy's card

- 40 Lane seen in a strip
41 Criminal
45 Netherlands export
47 Bed canopy
48 Forest trail
49 Beliefs
53 Akron-to-Detroit shipment
54 Movie cutie: 1934-47
55 Null's partner
56 Great hall, in Hamburg
57 Goddess worshiped by Ramses II
58 Fuss
59 Heiden or Hoffer
60 Private rooms
62 Dwindle
63 Capek classic



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What Lincoln Did

Father: "Get up son. When Lincoln was your age, do you know what he was doing?"

Son: "No, Dad I don't. But I do know what he was doing when he was your age."

How Much The Meter?

The clerk at the supermarket handed a woman customer the long tape itemizing her purchases. After glancing at it she said, "That's about right, I usually pay twenty-five dollars a foot for my groceries."

PEOPLE TO PEOPLE

To the Editor:

The Carmel Valley Property Owners Association continues to oppose extending the Cal-Am Service Area to include any additional part of the Carmel Valley Ranch.

The Monterey Peninsula Water Management District will decide on Feb. 14 whether to extend the service area. The CVPOA hopes that those who are concerned about the proposed expansion will also let the District's directors know just how they feel, either by letter prior to the 14th or personally at the 7:30 p.m. meeting in Colton Hall.

The CVPOA opposed the service area extension for a number of reasons.

Extending the boundaries could open the door for every proposed new development outside but not too far from the Cal-Am Service Area to demand and receive equal treatment. Even the San Carlos Ranch, which is part of neither the Carmel Valley nor the Monterey Peninsula is considering asking to be included.

Despite the lack of a written agreement, it is widely understood and accepted that the "four new wells" were issued permits so they could mitigate the drawdown of other Carmel Valley wells and act as a drought reserve. (It seems irrefutable now that excessive drawdown on older Cal-Am wells has been responsible for a number of serious Carmel Valley problems.) Using the four wells of their water. The CVPOA supports the use of water from the wells to mitigate drawdown and as a drought reserve. It is concerned, however, that extending the Cal-Am Service area will further jeopardize the ability of the four wells to satisfactorily fulfill their intended functions.

At the present time residents of the Water Management District cannot be sure of an adequate supply of water either now or in the future. Until an adequate supply is available, the CVPOA is opposed to even considering expanding the Cal-

Am Service Area. There is no need to increase the chance of repeating what we all went through during the last drought.

The Specific Plan for the Carmel Valley Ranch, as amended on Nov. 3, 1976, indicated the intention that the development be supplied by the Tularcitos aquifer. The developers' only choice was between having a private water company or having Cal-Am pump the water. The CVPOA believes this intention should be honored.

Along with many others, the CVPOA accepted the Carmel Valley Ranch, after long opposition to it, only because the Specific Plan stipulated that water would be provided solely from the Tularcitos aquifer. In that way, there would be no drain on Cal-Am's resources. The project was approved by the County only under the condition Carmel Valley Ranch develop its own water supply. Despite this, the developers have never made a serious attempt to do so. Until they prove the Tularcitos aquifer, the CVPOA feels no consideration should be given to any other source of water.

In 1979 the Supervisors "reinterpreted" the Specific Plan and thus totally changed it. They contended that the 1976 Board of Supervisors really meant that the project could draw water from the Tularcitos aquifer or from Cal-Am. They further contended that Cal-Am was the preferred alternative! Reading the Specific Plan clearly shows that the 1979 "reinterpretation" is incorrect.

The "reinterpretation" was made despite what must have been a clear understanding that it worked against the perceived interests of both Carmel Valley residents and Cal-Am's customers.

The CVPOA hopes that the Water Management District will not also act against those interests. We urge the District's directors to require Carmel Valley Ranch's developers to stick to their original agreement and we urge the directors to support the clear intention of the 1976 Board of Supervisors that the Tularcitos aquifer be the source of the Carmel Valley Ranch's water.

Richard C. Dalsemer, President
Carmel Valley Property
Owner's Association

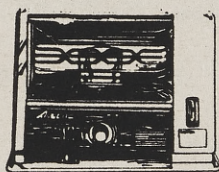


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Service organization
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Hidden Valley Music
Seminars

C.V. Kiwanis
Service organization
Tuesdays, 12 noon
Hidden Valley Music
Seminars

C.V. Native Plant Society
Third Tues., 7:30 p.m.
Carmel High School

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Representing property
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development matters.
Second Wed., 7:30 p.m.
Mid Valley Fire Station

C.V. Rotary
Service organization
Tuesdays, 12 noon
Rancho Canada

C.V. Womens Club
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First Wed., 12 noon
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Supervisors
Tuesdays, 10 a.m.
Supervisors Chambers,
Salinas

PUZZLE

ANSWER

B	A	F	F	S	A	M	B	A	F	L	I	T
A	L	A	R	P	R	E	E	N	E	A	S	E
I	D	L	E	E	A	S	T	O	F	E	D	E
T	O	A	S	T	E	R	S	A	L	D	E	N
H	A	D	A	P	O	R	E					
T	H	U	M	P	T	H	E	N	O	R	T	H
H	O	N	E	S	T	A	R	E	W	O	E	
R	U	I	N	A	L	V	I	N	V	I	V	E
E	S	T	R	O	E	D	E	I	C	E	D	
W	E	S	T	P	O	I	N	T	D	O	E	R
E	A	T	S	E	T	A	L					
A	V	A	S	T	A	N	I	M	A	T	E	D
S	O	U	T	H	E	R	N	E	R	T	O	R
T	I	L	E	B	U	T	T	E	O	D	I	N
A	D	A	R	B	R	A	S	S	R	O	C	S

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